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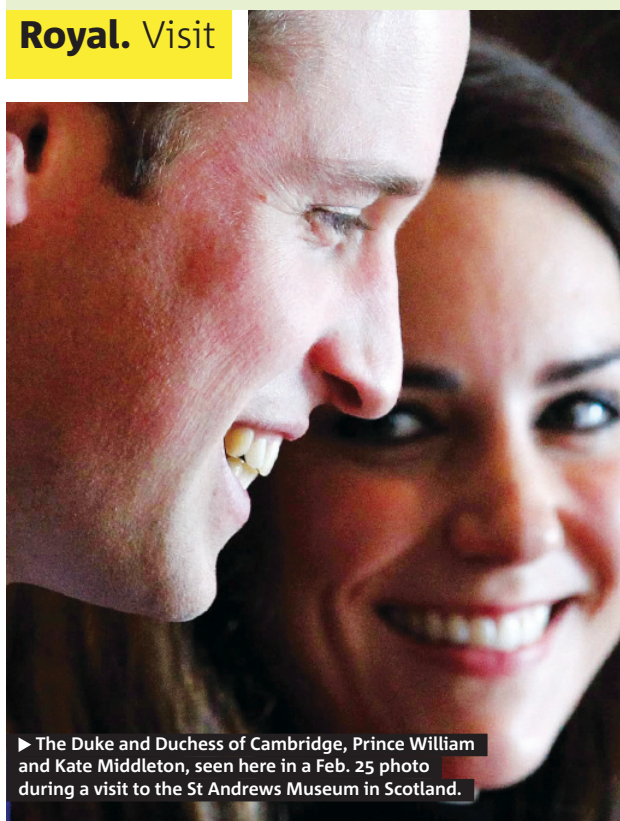
Tuesday, May 31, 2011  
[www.metronews.ca](http://www.metronews.ca)



News worth sharing.



**Royal. Visit**



► The Duke and Duchess of Cambridge, Prince William and Kate Middleton, seen here in a Feb. 25 photo during a visit to the St Andrews Museum in Scotland.

ANDREW MILLIGAN/POOL/THE ASSOCIATED PRESS FILE

## Stampede city gets regal treat

The royal newlyweds will be in Calgary this summer during their tour of Canada — their first international tour since their marriage. According to details provided yesterday, the couple plan to hit the Stampede city July 6–8, in their only stop in the western provinces. See story, page 4.

# Billing for dead patients gets doctor suspended

► Investigation came after a third party complained about physician's borrowing money from patients

A Calgary doctor suspended for submitting bills to treat dead people says he was a bad bookkeeper.

"That all happened at a time when I was under a great deal of stress," said Dr. John van Olm, 60, in an interview.

"I had just lost my mother and it was a difficult time for me, and my judgment was definitely off base.

"There was no consideration that there was any kind of fraudulent behaviour."

The College of Physicians and Surgeons of Alberta, in a news release issued yesterday, announced it had suspended van Olm for a year and a half for unbecoming conduct, effective May 5.

However, he may resume his practice after three months, on Aug. 4, provided he takes a course

on proper bookkeeping, submits to random audits and pays the costs of his hearing, which total more than \$99,000.

"If he meets some criteria after that three months, he will be allowed to return to work," said Kelly Eby, spokeswoman for the college.

In a case that spans five years, van Olm was cited for a number of improper actions, including charging the government for treating patients who were dead.

Van Olm said he was doing rounds in lodges and nursing homes, which meant he saw a lot of patients in a day. Some he would see for a few minutes, some he would see for an hour. But rather than do his books daily, he did them at the end of the week and made mistakes working from memory.

THE CANADIAN PRESS

### Doctor's tale

► **Patients.** The college also penalized Dr. John van Olm for submitting claims that he was seeing a high number of patients.

► **Stress.** On 12 occasions he claimed to have seen 149 patients or more on a single shift. He said, again, it was the stress of his family life.

► **Mother.** In addition to caring for his ailing mother, he said he was raising two teenage children alone, all while balancing care for patients on 12-hour shifts.

► **Training.** Van Olm, born in Holland, trained in Winnipeg and was a practising doctor in Calgary for more than 30 years. He said he hopes to turn the page in August.

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# Funding limbo 'horrible' for soccer season

Local soccer associations are scratching their heads after learning construction to replace the bubble structure at Calgary's Subway Soccer Centre will run until at least the new year.

General manager Perry Logan has opted to go with a steel-field-house structure now after the bubble collapsed for the second time in three years in November.

He was given the go-ahead from city council committee earlier this month for a near-\$3-million commitment towards the structure, and is now awaiting a similar kick-in from the province.

"The worst-case scenario, assuming funding comes through, is February.... Our goal would be Jan. 1," he said.

Darryl Leinweber, executive

director of the Calgary Minor Soccer Association, said not having a new structure will lead to a scheduling nightmare for the fall indoor season.

"(Kids) will have to get up earlier and play later at night.... The adults are going to end up playing until midnight," he said.

Pearl Doupe, executive director of the Calgary United Soccer Association,



► The total cost for a steel structure to replace the ill-fated bubble dome at the Subway Soccer Centre is projected to be about \$6 million.

conceded there are challenges ahead but said it's

clear the structure is needed. ● JEREMY NOLAIS

# Cops push for pay-then-pump

► Alberta Association of Police Chiefs 'hopeful' for new gas law to be in place in 2012



SHELLEY WILLIAMSON  
@METRONEWS.CA

Police chiefs in the province want to mandate advance payment at the pumps in hopes of keeping gas-and-dash crimes from draining resources and threatening public safety.

The Alberta Association of Chiefs of Police have unanimously passed a resolution asking for legislation making pre-payment at gas stations mandatory across the province.

"One of our officers in one of our districts made the observation that drive-offs at gas stations were increasing," said Calgary Police Chief Rick Hanson and AACP president.

"It is a crime that is predictable and therefore preventable."

Strathmore resident Jaimie Davies said she commutes to Calgary and fills up frequently. She said

## Fatalities

► Last year in Calgary, police members attended 2033 gas-and-dash calls, 45 which were cleared by charge; 547 deemed criminal in nature; and 1,486 that were cleared.

► B.C. became the first province to mandate pre-paid gas in 2008 after a 24-year-old employee Grant De Patie was hit, dragged 7.5 kilometres, and killed by a 16-year-old driver trying to avoid paying for \$12.30 in gas.

► Last week at a Mississauga, Ont. service station, a 62-year-old Hashem Atifeh Rad died after being struck while trying to prevent a driver from leaving without paying for gas.

she's in favour of the changes to the payment system.

"I don't like going inside," she said. "I usually al-



► Jaimie Davies said she already pays at the pump before filling up, so a new payment system wouldn't impact her routine.

ways pay at the pump."

Having to fill his work truck up multiple times per week, John Raymond said having to pay before pumping would be an inconvenience.

"I'd rather not see that happen," he said. "It's kind of annoying to have to go

in."

Lisa Sobchysyn, spokesperson for the Edmonton Police Service, said members in the province's capital support the push to combat gas theft.

"We do support that effort, which would free up and make better use of our

officers' time," said Sobchysyn.

The cost to Calgary police resources for gassing up without paying was \$171,271 and 66 weeks in officer time last year, said Sobchysyn, adding EPS rates are similar.

● WITH FILES FROM KATIE TURNER

# Local film showcased at transit station

One of Calgary's C-Train stations will be transformed into a theatre for the evening as a group of local artists puts on a screening of their short film. On June 2, dance, music, fashion and film will come together for an event called The Sub-

liminal Rabbit Presents. The film, which was largely shot on a Calgary Transit train, is about a young man who is bullied for wearing an eccentric jacket.

"We were very privileged to have (Calgary Transit) be fully on board," said co-pro-

ducer Wilmer Aburto. The screening begins at 8 p.m.

● KATIE TURNER

## News in brief

### Firefighters return from Slave Lake

The last 24 firefighters returned to Calgary from Slave Lake yesterday, after spending the past two weeks battling wildfires and assisting residents.

The Calgary Fire Department sent more than 200 volunteers to the Northern Alberta town. ● METRO

### PM joined by Iginla in Afghanistan

Calgary Flames captain Jarome Iginla has accompanied Prime Minister Stephen Harper on a surprise trip to visit troops in Afghanistan. ● METRO

1

news



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## Advisory

The Canadian Press has issued an advisory for the Enchiladas Roll Ups recipe that appeared in Metro's Food section last Thursday. The Canadian Press directs people to check whether slow-cooker stoneware can be used on the stovetop before attempting the recipe.



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## WEAPONS CHARGES

## Alleged gangster loses appeal

An alleged Calgary gang member has had his conviction on weapons charges upheld by Alberta's court of appeal.

Hans Eastgaard was found guilty of

possession of a loaded weapon after it was found ditched in a cul-de-sac off Hidden Valley Manor NW about two years ago. That charge and others earned him a prison sentence of more than five years.

Eastgaard was under surveillance for links to Calgary's FOB gang.

With the appeal court's split decision, Eastgaard has the option of appealing to the Supreme Court of Canada. ● METRO

## Rain to tail off by July

Last week's deluge is unlikely to be a recurring theme this summer, according to the Weather Network's long-term forecast for Calgary. It projects an average summer in which June could still see downpours, but July and August will be drier than usual.

● METRO

## Toney probe continues

An RCMP officer heard the cries of a drowning five-year-old and thought she might be under a capsized rescue boat, but he was unable to reach her. Const. Gilles Savoie testified yesterday at a hearing into the death of Janessa Toney on Lake Newell near Brooks, Alta.

THE CANADIAN PRESS

## Saving the best till last



► Circle the date: William and Kate on July 8. James Moore, minister of Canadian Heritage and Official Languages, said the royal newlyweds will be here July 6-8 and will attend the opening of Stampede.

## William and Kate make Calgary final Canadian stop on royal visit



KATIE TURNER  
@METRONEWS.CA

Stampede will have a touch of royalty this year when the most famous newlyweds in the world touch down in Calgary.

The Duke and Duchess of Cambridge are travelling to seven Canadian cities across five provinces in nine days. Their first international tour winds up in Calgary on July 8 — the first day of the Stampede.

"The exact details of their role in the Stampede opening will be for them to announce," James Moore, minister of Canadian Heritage and Official Languages, said yesterday.

The couple will spend three days in the city. Randy Williams, president and CEO of Tourism Cal-

## Royal trip

- William and Kate will also spend time in Quebec, Prince Edward Island and the Northwest Territories.
- This is the third Canadian royal visit in two years. The Queen was here last summer, while Prince Charles came in November 2009.
- The Queen's last visit cost taxpayers about \$2 million. This visit will be "much lower," said James Moore.

gary, said the visit is sure to attract out-of-towners.

"It will be a good kickoff to the Stampede and it will fill up the city," he said. "Secondly, it will create awareness for Calgary globally with the international media attention that Kate and William have."

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► Calgary firefighters have visited more than 231,000 homes over the last 14 years through the Home Safety Program, said acting fire chief Ken Uzeloc.

## Making residents aware of fire safety

► 50-item safety checklist available on City of Calgary website



JEREMY NOLAÏS  
@METRONEWS.CA

Recent fire devastation in the Calgary community of Citadel and Slave Lake reinforces the need for safe-

ty precautions to be taken at home, say fire officials.

The Calgary Fire Department launched its 15th annual Home Safety Program yesterday, which aims to educate residents about fire safety by performing

at-home evaluations.

Ald. Andre Chabot says that while city council has outlined building-code changes needed to prevent the spread of fire, much of the responsibility still falls on residents.

"If people aren't prepared to look out for themselves, ultimately it doesn't matter how many fire departments you have or how close they are; the chances of survival are diminished," he said.



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## Heartfelt goodbyes to Slave Lake heroes

Residents of Slave Lake in northern Alberta have said their heartfelt goodbyes to firefighters who prevented a wildfire from destroying the entire town.

Mayor Karina Pillay-Kinne thanked a small group representing roughly 1,000 smoke eaters from 30 different departments across the province.

She said the crews risked their lives to contain a wind-whipped fire that blazed through one-third of the community May 15 and forced 7,000 people to flee for their lives.

Officials have confirmed there is no longer a threat of fires re-igniting in Slave Lake, Sawridge or the Municipal District of Lesser Slave

**39** As of yesterday morning, there were 39 active fires across the province, with four burning out of control.

River.

Firefighters from Peace River and Parkland County will remain in Slave Lake until the end of the week to help with relief efforts.

Residents were allowed to return to the town Friday after being away for nearly two weeks.

"It's great to see you guys here. You risked your lives to keep our town standing," Pillay-Kinne told the fighters yesterday following a procession of fire trucks that made their way to the visitor's centre.

THE CANADIAN PRESS

## Teens plead guilty in high-school hazing incident

Two southern Alberta teenagers have pleaded guilty to assault with a weapon for hazing high school students.

Last July, a number of students were hit with a goalie stick and a skateboard as part of a hazing ritual in Lethbridge.

The victims, who ranged in age from 14 to 16, suffered injuries including bruising and cuts.

The boy was sentenced to four months of supervised custody.

THE CANADIAN PRESS

## News in brief Hot air balloon makes forced landing

**TRIP.** Calgary sightseers on a hot-air-balloon trip were given quite the scare yesterday, as the operator was forced to make an emergency landing at the University of Calgary. ● METRO

## Advisory raised to flood watch

**WATER.** Rising water levels have led authorities in Medicine Hat to upgrade their high-stream-flow advisory to a flood watch.

● METRO





► Mayor Gregor Robertson

## WILL MAYOR BET TO WRESTLE A BEAR?

JEFF HODSON  
@METRONEWS.CA

Vancouver's mayor loves to bet other mayors on the Canucks' post-season fortunes. The last three years, he's disappointedly mailed off a picnic basket of local treats.

But thanks to the Canucks' playoff run, Gregor Robertson is living high on the hog (he's already won a ham from Nashville). But he seems to be running short of

### HOME ICE ADVANTAGE



ideas for the Stanley Cup final and has taken to Twitter (@MayorGregor) for suggestions on what to bet Boston Mayor Thomas Menino.

Ideas so far: having the loser shave his head and — my favourite — wrestling with a bear or swimming with an orca.

JEFF HODSON IS MANAGING EDITOR OF METRO VANCOUVER

# E. coli spurs blame game

► World Health Organization says outbreak is 'very large and very severe'

Europeans traded blame yesterday over the source of a mysterious bacterial outbreak that has killed 14 people and sickened hundreds across Europe and forced Russia to ban imports of some fresh vegetables from Spain and Germany out of fear they could be contaminated.

Austrian authorities sent inspectors to supermarkets to make sure Spanish vegetables suspected of contamination have been taken off shelves, while in Italy the country's paramilitary Carabinieri has been on the lookout since Saturday for suspected contaminated imports from Spain, the Netherlands and other European countries.

Pia Ahrenkilde Hansen, a European Union spokeswoman, said German authorities had identified



► A vendor gives a cucumber to a woman in a fruit and vegetable market in Malaga, southern Spain yesterday. Vegetables from Spain are suspected of spreading a dangerous E. coli bacteria across Europe.

cucumbers from the Spanish cities of Almeria and Malaga as possible sources of contamination and that a third suspect batch, originating either in the Netherlands or in Denmark and traded in Ger-

many, is also under investigation. Germany has recorded the most infections and all known deaths.

Spain, meanwhile, went on the defensive, saying there was no proof that

the E. coli outbreak has been caused by Spanish vegetables.

The World Health Organization urged countries to work together to get to the root of the problem.

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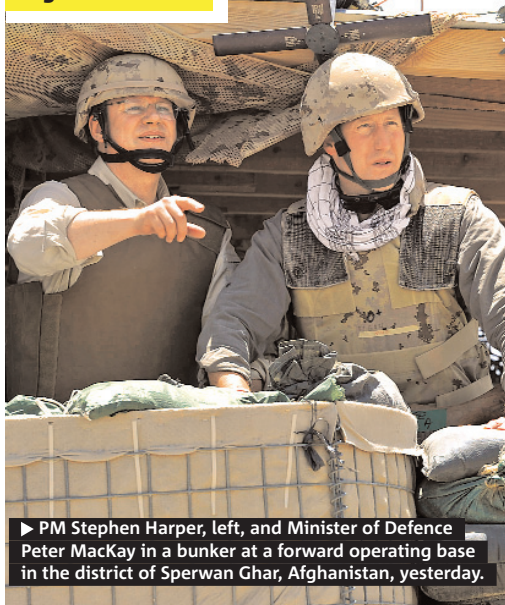
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## Afghanistan. Visit



► PM Stephen Harper, left, and Minister of Defence Peter MacKay in a bunker at a forward operating base in the district of Sperwan Ghar, Afghanistan, yesterday.

SEAN KILPATRICK/THE CANADIAN PRESS

## PM salutes troops

Stephen Harper made the trip to the Kandahar region as Canada prepares to end its combat presence in the Afghan war. Canadian troops will begin training the Afghan army and police in quieter areas to the north.

# Top Libyan brass defects

► Former officers from Moammar Gadhafi's regime urge others to jump ship ► Denounce both 'genocide' and 'violence against women'

Eight top Libyan army officers who have defected from Moammar Gadhafi's regime appealed to fellow officers yesterday to join the revolt to hasten the end of Gadhafi's 40-year rule.

One of the officers, Gen. Melud Massoud Halasa, estimated that Gadhafi's military forces are now "only 20 per cent as effective" as what they were before the revolt broke out in mid-February, and that "not more than 10" generals remain loyal to Gadhafi.

Italian Foreign Ministry officials presented the five generals, two colonels and a major to reporters in Rome three days after they fled Libya.

Former Libyan Foreign Minister Abdel Rahman Shalgam, who now backs the anti-Gadhafi rebels, told

the news conference that the eight officers are "part of 120 officials who left and abandoned Gadhafi and are now out of Libya."

Italy, Libya's former colonial ruler, long had close economic and diplomatic ties with Tripoli. But Rome was among the first Western governments to break with the regime and establish formal relations with the Libyan National Transitional Council that is representing anti-Gadhafi forces.

Gen. On Ali On read an appeal to fellow army officers, top police and security officials "in the name of the martyrs who have fallen in the defence of freedom, to have the courage" to abandon the regime.

Another general, identified as Yahmet Salah, told reporters that Gadhafi had

## Rebels set guide for PoWs

The rebel administration controlling much of eastern Libya is distributing guidelines on how its fighters should treat prisoners of war, following a string of allegations that rebels have engaged in unlawful arrests, mistreated captives and killed sub-Saharan Africans wrongly accused of being

mercenaries.

The rebels are holding about 300 prisoners, including 10 foreigners, according to the top legal affairs official in the newly created National Transitional Council, Salwa Fawzi al-Deghali.

The rebels say they want to make sure that these and future captives are treated in accordance with the Geneva Conventions governing the humanitarian treatment of prisoners and other victims of war. **THE ASSOCIATED PRESS**

only two brigades left that were allegedly carrying out the arrests and killings.

Mahmoud Shammam, of the National Transition-

al Council, said that a council representative would go to the OPEC meeting in Vienna next month.

**THE ASSOCIATED PRESS**

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# First homegrown superbug puzzles

► NDM-1, a cause of urinary-tract infection, did not make patient sick ► Bacteria is drug-resistant

Canadian researchers have identified what appears to be the first domestically acquired case of an NDM-1 superbug.

An 86-year-old Ontario man was found to be carrying bacteria resistant to most antibiotics because of NDM-1, or New Delhi metallo-1, an enzyme that alters the DNA of various types of bacteria. NDM-1 is endemic in India and Pakistan and has spread worldwide due to global travel.

But the patient, who was admitted to hospital and then a rehabilitation centre after suffering a stroke last October, had not travelled outside southwestern Ontario for the last decade.



None of the man's family members or other close contacts were carrying the superbug, nor had any been to parts of the world where NDM-1 is widespread.

"It's really unfortunately a mystery in terms of his source, and it certainly suggests that he acquired it here in the southwestern Ontario region," said Dr. Su-

san Poutanen, an infectious disease physician at Mount Sinai Hospital in Toronto.

She said the case is not cause for public alarm but is meant to alert hospitals and labs not to dismiss NDM-1 as a cause of drug-resistant bacteria in patients merely because they have not travelled outside Canada. **THE CANADIAN PRESS**



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# Germany to close all nuke plants by 2022

► Germany's seven oldest reactors, all built before 1980, shut down after problems at Fukushima ► Plants provided 40 per cent of nuclear power

Germany's governing coalition said yesterday it will shut down all the country's nuclear power plants by 2022. The decision, prompted by Japan's nuclear disaster, will make Germany the first major industrialized nation to go nuclear-free in years.

It also completes a remarkable about-face for Chancellor Angela Merkel's government, which last year had pushed through a plan to extend the life span of the country's 17 reactors — with the last scheduled to go offline in 2036.

But Merkel now says in-

dustrialized Japan's helplessness in the face of the Fukushima disaster made her rethink the technology.

While Germany was set to abandon nuclear energy eventually, the decision — which requires parliamentary approval — speeds up that process.

Germany's seven oldest reactors, taken off the grid pending safety inspections following the March catastrophe at Japan's Fukushima Dai-ichi plant, will remain offline permanently, Environment Minister Norbert Roettgen said.

The country's energy



**"We want the electricity of the future to be safe, reliable and economically viable."**

CHANCELLOR ANGELA MERKEL

supply chain "needs a new architecture," necessitating efforts in renewable energies and overhauling the electricity grid, Merkel said.

The determination of Europe's largest economy to replace its nuclear power with renewable energy sources makes it stand out among the world's major industrialized nations. Among other Group of Eight nations, only Italy has abandoned nuclear power, voted down in a referendum after the 1986 Chernobyl disaster, closing three operating reactors.

THE ASSOCIATED PRESS

## Auto. Repairs








► Chrysler Group CEO Sergio Marchionne, right, speaks with Finance Minister Jim Flaherty during a visit to a Chrysler casting plant in Toronto yesterday. They say it's too soon to tell whether the federal and Ontario governments will sell their shares in the recovering car company to Italian carmaker Fiat.

DARREN CALABRESE/THE CANADIAN PRESS

## Shares with Italian flair?

Governments acquired 1.7 per cent of Chrysler shares two years ago as part of a bailout to help the company survive the economic downturn.

## Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contract
				
+ 32 (13,829.70)	+ 0.02¢ (102.34¢ US)	- 21¢ US (\$100.38 US)	\$4.563 (+ 4.5¢)	\$1,539.10 (+ \$2.80)

PRICES AS OF 5:01 P.M. EST/EDT

## No glory for Canuck economy

Canada's economy expanded an impressive 3.9 per cent in the first three months of this year, but there was little cheering in markets with the performance.

Not only was the number slightly below the four per cent consensus expectation, but the elements of growth signalled a sharp brake in the economy ahead.

The most encouraging news in the much-awaited Statistics Canada report yesterday is that the last month of the quarter — March — saw a gross domestic pickup of 0.3 per cent, slightly above consensus.

"It's not just the headline that matters. It's the composition of (first-quarter) growth that is disconcerting," said Derek Holt, vice-president of eco-

**102.35¢**


Markets reacted negatively to the report initially, shaving one-tenth of a point off the loonie to 102.35 cents.

nomics with Scotiabank.

The composition included a heavy dose of production placed in storage, awaiting future sales, with inventory buildup accounting for three-quarters of the growth.

Meanwhile, consumers were in hibernation, contributing only 0.1 percentage points to growth, and net trade was a drag, with the solid 1.6 per cent rise in exports from the previous quarter swamped by a 2.2 per cent gain in imports. The bright spots were in business investment, manufacturing and housing.


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## CTV dishes plans for rebranding A channel

The CTV television network plans to rebrand its A channel stations this fall as the CTV Two network.

CTV's parent Bell Media says the new network will launch as the company transitions the stations to a high-definition signal.

The announcement was made yesterday at the start of "upfront" week, when many homegrown TV stations reveal their fall line-ups in a bid to seek early ad deals.

Citytv announced its lineup yesterday. The Shaw schedule will be released today. THE CANADIAN PRESS

## Postal strike to halt snail mail?

The union representing Canada Post's urban workers gave the Crown corporation an ultimatum yesterday that it will strike this week if its final offer is rejected.

Denis Lemelin, national president of the Canadian Union of Postal Workers, said the union is in a legal



► Denis Lemelin, national president of the Canadian Union of Postal Workers, appears in Ottawa yesterday.

position to strike on Thursday at 11:59 p.m. ET after turning down Canada Post's latest offer. Lemelin said the two sides have a history of reaching deals last minute, but said Canadians planning to send mail this week should consider the decision carefully.

THE CANADIAN PRESS



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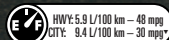


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See Chevrolet dealer for details. <sup>2</sup>\$2,000 manufacturer to dealer delivery credit available on 2011 Chevrolet Malibu LS (tax exclusive) for retail customers only. Other cash credits available on most models. See your GM dealer for details. <sup>3</sup>10% purchase financing offered on approved credit by TD Financing Services for 48 months on 2011 Chevrolet / GMC / Buick Traverse, Acadia, Terrain, Enclave, Malibu, Aveo and Equinox. Rates from other lenders will vary. See dealer for details. <sup>4</sup>Based on a 60 month lease 4.9% advertised on new or demonstrator 2011 Chevrolet Malibu LS equipped as described. Annual kilometer limit of 20,000km, \$0.20 per excess kilometer OAC by FinancialLinx Corporation. Monthly payments may vary depending on down payment/trade. Down payment or trade of \$1,999 and security deposit may be required. Total obligation is \$18,925. Option to purchase at lease end is \$7,694 plus applicable taxes. Other lease options available. Applies only to qualified retail customers in Canada. Freight & PDI (\$1,450), \$350 acquisition fee included. License, insurance, PPSA, dealer fees, excess wear and km charges, and applicable taxes not included. Dealers are free to set individual prices. Dealer order or trade may be required. Offer may not be combined with certain other consumer incentives. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See participating dealer for details. <sup>5</sup>Offer applies to all eligible current owners or lessees of any model year GM vehicle that has been registered and insured in Canada in the customer's name for the previous consecutive six months. Credit valid towards the retail purchase or lease of one eligible 2010, 2011 or 2012 model year Chevrolet, GMC, Buick or Cadillac vehicles delivered between February 1, 2011 and June 30, 2011. Ineligible vehicles include Chevrolet Cruze LS-1SB and all Medium Duty trucks. Credit value depends on model purchased: \$500 credit available for Chevrolet Aveo, Cobalt and Cruze (excluding Cruze LS-1SB); \$750 credit available for Chevrolet Equinox and GMC Terrain; \$1,000 credit available for all other eligible GM vehicles. The credit amount is inclusive of any applicable taxes. Offer is transferable to a family member living within the same household (proof of address required). This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Void where prohibited by law. See your GM dealer for details. GM reserves the right to amend or terminate offers for any reason in whole or in part at any time without prior notice. <sup>6</sup>Offer applies to new or demonstrator 2011 model year Chevrolet, Buick and GMC vehicles delivered between May 3, 2011 and June 30, 2011 at participating dealers in Canada. The Scheduled Maintenance program coverage expires after 36 months/60,000 km, whichever comes first, from the in-service date of the vehicle. This Scheduled Maintenance offer is a GM Canada marketing program and coverage cannot be redeemed for cash value. Program covers inspections, engine oil and filters change (up to a maximum of 6 services) and tire rotation in accordance with the vehicle's oil life monitoring system, if applicable, or as prescribed in the Owner Manual. Scheduled Maintenance services under this program must be performed at a GM Goodwrench dealer in Canada. Program excludes other replacement parts, fluids, and any "Additional Required Services" as outlined in the Owner Manual that may be identified during the inspection of the vehicle. Alternatively, a \$500 manufacturer-to-dealer credit (tax exclusive) may be applied to the vehicle purchase price for customers who opt out of the Scheduled Maintenance program. Offer available to retail customers in Canada only. Offer may not be combined with certain other consumer incentives available on GM vehicles. GMCL may modify, extend or terminate this offer, in whole or in part, at any time without notice. Conditions and limitations apply. See Dealer for details. <sup>7</sup>Based on Natural Resources Canada's 2011 Fuel Consumption Guide ratings. Your actual fuel consumption may vary. <sup>8</sup>The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. <sup>9</sup>2011 Chevrolet Malibu with 6-speed automatic transmission and 2.4L Ecotec engine and comparably equipped (4 cyl. / automatic transmission) 2011 Toyota Camry and 2011 Ford Fusion. Fuel consumption ratings based on Natural Resources Canada Fuel Consumption Website. Highway fuel consumption as low as 5.9 L/100km. City fuel consumption as low as 9.4 L/100km. Your actual fuel consumption may vary. Excludes hybrid models. <sup>9</sup>Chevrolet Malibu is an Insurance Institute for Highway Safety (IIHS) Top Safety Pick for 2011. For more information go to [www.iihs.org](http://www.iihs.org).



# GIRLS' GUIDE TO SURVIVING NHL PLAYOFFS

## SHE SAYS ...

JESSICA NAPIER  
METRO



Say RIP to your relationship for the rest of the hockey season, ladies — your man is about to abandon you in favour of a bunch of bearded dudes on ice.

Yes, the seemingly impossible has happened; a Canadian team has made it to the Stanley Cup final. Now, it may not be "your" team, but the boys in blue and green are Canuck nonetheless, and that means that every Molson-blooded male will be taking up permanent residence on his bar stool/couch cushion of choice for the next two weeks.

A Canadian team hasn't taken home the cup since 1993, so, apparently, this is a pretty big deal. And with many hockey-loving lads still riding high off the 2010 Olympic gold medal win, it seems that people are excited about Vancouver's chances.

Personally, I feel pretty "meh" about hockey, but as someone who looks like Bambi out on the ice, I can appreciate the skill of the sport. Plus, there's fighting and beer; how is a girl going to compete with all the bruising and boozing the NHL has to offer?

**"Starting tomorrow, be prepared for an absentee other half or, even worse, a living room full of rowdy puck enthusiasts with very little regard for the noise level or the furniture."**

Starting tomorrow, be prepared for an absentee other half or, even worse, a living room full of rowdy puck enthusiasts with very little regard for the noise level or the furniture. Your presence will be entirely forgotten unless you're in charge of picking up the pizza.

Date nights will be replaced with double overtime. You will be subjected to endless recaps, stats and highlight reels. The sights

and sounds of Don Cherry's colourful blazers and grating commentary will permeate your nightmares.

And, of course, don't expect to score unless his team does. Your sex life is about to become heavily dependent on Roberto Luongo's goaltending. If the Canucks do lose, the phrase "It's just a game" will only worsen your chances with your moody bedfellow.

So what's the best strategy when dealing with hockey-night neglect?

Stay away. Plan field trips with fellow hockey widows and make peace with the fact that you might not have a meaningful conversation with your mate until the post-season ends.

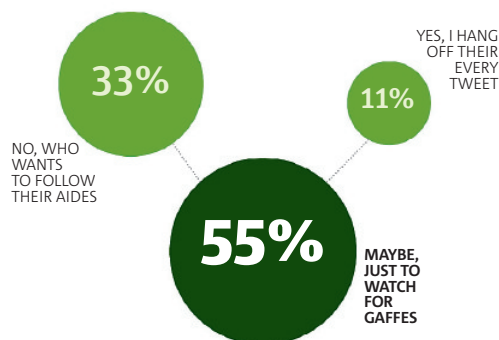
If you do find yourself staying in on game night, do your best to remember this simple commandment: Don't change the channel under any circumstances. It doesn't matter if it's The Bachelorette's "most dramatic rose ceremony ever" — if you even so much as glance at the remote during a commercial break you will be banished from your own home until after Game 7.

Read more of Jessica Napier's columns at [metronews.ca/shesays](http://metronews.ca/shesays)



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## Worth mentioning

**TOKYO.** A new poll yesterday showed that more than 80 per cent of Japanese voters do not trust government information about the country's nuclear crisis.

The poll conducted by Fuji Television Network also found that nearly 85 per cent of respondents said the utility that operates the stricken Fukushima Dai-ichi nuclear plant is dealing with the crisis poorly. A March 11 earthquake and tsunami damaged crucial cooling systems at the plant, causing the worst nuclear crisis since Chernobyl. The twin disasters left more than 24,000 people dead or missing in northeastern Japan.

Eighty-one per cent of respondents to the survey said they did not trust government information about the crisis, Fuji TV said. Seventy-eight per cent said Prime Minister Naoto Kan lacked leadership in handling the disasters.

Kan is facing calls for his resignation even within his own ruling party. Opposition parties are expected to submit a no-confidence motion against him as early as Thursday.

THE ASSOCIATED PRESS

## Cartoon by Michael de Adder



## WEIRD NEWS

### It was close to a one-way ticket to a kitchen

Railway officials recently discovered snakes on a train in Vietnam — highly venomous king cobras in bags under a seat.

Railroad official Pham Quynh said passengers were terrified when four cloth bags containing the writhing cobras were spotted Friday. The snakes were alive but had

their mouths stitched shut.

Quynh said the exact number of snakes was unclear, but the bags weighed 45 kilograms.

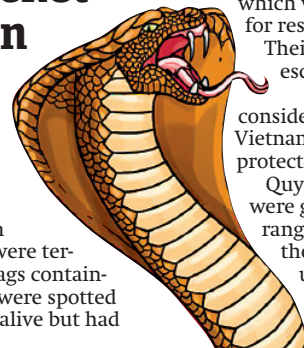
Security staff removed the cobras, which were likely destined for restaurants in Hanoi.

Their owner apparently escaped in the chaos.

Snake meat is considered a delicacy in Vietnam, but cobras are protected by law.

Quynh said the cobras were given to forest rangers who released them into the wild Saturday after no one claimed them.

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# Morrison gets to sing with his idol

► Glee star paired with Elton John for two songs on his new album  
► Actor has been involved in music theatre since he was a teen



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Glee star Matthew Morrison sings *Somewhere Over the Rainbow* with Gwyneth Paltrow on his self-titled debut album, but the dream he dared to dream, that really did come true, is singing with the legendary Elton John. The two recorded an epic medley of John's *Mona Lisas and Mad Hatters* and *Rocket Man*.

"I wanted to pay homage to one of my favourite songwriters," says Morrison, who had the good fortune to be in the studio with John for the tracking. "It was pretty surreal. I don't know how to describe it. I didn't really take in the moment until maybe a couple of days afterwards, where I was like, 'Did that actually happen?' It felt like a dream."

"I listen to that song now and his voice is so awesome, and then his voice fades out and then mine comes in and it's like, 'Woah!'"

## Boy band

► LMNT. Matthew Morrison reveals he was once in a boy band called LMNT, complete with matching outfits, but quit before ever recording with them. "You know as a performer when you're embarrassed to be onstage doing the wrong thing," he explains. "It felt so contrived. It was back in 1999 or something where you couldn't throw a stick and not hit someone in a boy band (laughs)."

Sting also joins him on *Let Your Soul Be Your Pilot* but the rest of the songs are solely Morrison. Some of the songs the 32-year-old co-wrote, including the album's lead single, *Summer Rain*.

"I thought that the first single had to start in a really kind of light poppy fun place," he says.

Morrison has worked in musical theatre since his teens and never before released an original album



► Glee star Matthew Morrison released a self-titled album in May.

(he's been on Broadway albums). He realizes his role on the hit TV series as teacher and glee club director Will Schuester has opened doors he wouldn't normally have on a debut

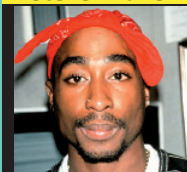
album, including bypassing club shows for theatres and an opening slot on the *New Kids On The Block/Backstreet Boys* tour. "I have a whole band, an 11-piece band, a horn

section," he says of the costly configuration. "I want to do it right and luckily enough from being on *Glee*, I think I have more of a support system behind me."

2

scene

## Scene in brief



PBS officials say hackers have cracked the network's website. The hackers apparently posted a phoney story claiming dead rapper Tupac Shakur was alive in New Zealand. The phoney story had been taken down as of yesterday.

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Colombian popstar Shakira says she's considering doing songs, maybe album, in Arabic. Scan code for story.



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► Canadian singer-songwriter Corey Hart with his protégée Marie-Christine.

## Hart comes out of self-imposed exile

Corey Hart says that dozens of artists — including the high-profile likes of Sean (P. Diddy) Combs and Canadian songstress Nelly Furtado — have asked him for permission to recycle his '80s hits for new songs, and he's always said no.

That is, until he met Marie-Christine Depestre. The chanteuse — who shares Hart's hometown of Montreal and drops her surname when performing — was completely unknown before Hart scooped her up as the inaugural signing on his record label in 2007.

Her debut album came out this week, and the opening tune is *Girl in Shades*, a re-interpretation of Hart's star-making '84 smash *Sunglasses at Night*.

While Hart long resisted

allowing artists to repurpose his songs — the industry word is "interpolation" — he said this time, it simply felt right. And it helped that he was co-producing the track.

"All this time I've been saying no and not making any money — (and with) three (daughters) who want to play pro tennis, it costs a lot of money — and now I saw and understood the method to the madness: it was saved for her," Hart said this week in Toronto, with his protégée seated next to him.

"So I rewrote lyrics and changed a few things in the melody and the structure, worked with a super-talented guy in DJ Champion ... and this lady sings it to heaven." **THE CANADIAN PRESS**

# Citytv shows off its TV talent

► Network snatches TV shows from some big Hollywood names for next year's fall schedule ► Also bringing Canada's *Got Talent* north of the border

TV shows from Hollywood heavyweight Steven Spielberg, *Lost* creator J.J. Abrams and *The Dark Knight* writer Jonathan Nolan are coming to Citytv this fall.

The network's 2011-12 schedule features several buzzed-about programs, including Spielberg's long-awaited dinosaur drama *Terra Nova* and the Abrams thriller *Person of Interest*, written and co-produced by Nolan.

Abrams' prison drama, *Alcatraz*, is slated for a midseason debut.

Citytv is the first of the homegrown outlets to reveal its upcoming slate of shows, a spring tradition that typically involves a parade of new and returning stars as broadcasters seek early ad deals.

The actor who plays Manny on Citytv's returning hit sitcom *Modern Family* is among the celebrities expected to help preview the lineup, which includes six new dramas and five new comedies.

New dramas include *The Playboy Club*, *Revenge*, and the midseason series *Scandal*. New comedies include *2 Broke Girls*,



► Sarah Jones and Jorge Garcia star in *Alcatraz*, a new TV show created by *Lost*'s J.J. Abrams.

*New Girl*, *Suburgatory*, *Last Man Standing* and the midseason *Apartment 23*.

New Canadian series include Canada's *Got Talent* and *Secret Millionaire Canada*.

"We are excited to be launching a competitive schedule that balances the proven strength and stability of returning hits with innovative new programming," Rogers president Scott Moore said Monday in a release.

Rogers Media was reportedly the biggest Cana-

dian buyer of U.S. shows in Los Angeles last week, when the company sought fresh fare for its Citytv stations.

Its fall lineup includes four shows that previously aired on other networks — *Raising Hope*, *The Middle*, *Private Practice* and *Shameless*.

Shaw Media plans to reveal its Global TV lineup today while market leader CTV will announce its schedule Thursday.

CBC-TV details its slate June 8.

Citytv's schedule also features the return of dramas *Body of Proof* and *Fringe* and returning comedy series, *Happy Endings*, *How I Met Your Mother*, *Rules of Engagement*, *Parks and Recreation* and *Community*.

Rico Rodriguez, who plays the wise-beyond-his-years tween on *Modern Family* will be joined by *Happy Endings* principal Elisha Cuthbert during a presentation at a downtown theatre.

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## DVD Releases this week

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## Bardem brings best

### Biutiful

Genre: Drama

Director: Alejandro González Iñárritu

Stars: Javier Bardem, Maricel Álvarez, Hanaa Bouchaib  
🌐🌐🌐

Javier Bardem talks to ghosts in Biutiful, a starkly emotive film by Alejandro González Iñárritu where the physical and metaphysical realms seem equally desperate.

The ability of Bardem's grifter character Uxbal to commune with the dead is actually the most calming and least gloomy aspect of a film awash in misfortune and tragedy.

Ironically titled and deliberately misspelled, Biutiful grimly trawls the shadows of illegal immigration, poverty, police corruption, marital and parental dysfunction and mental and physical ills in the shabbier section of



Barcelona, where Uxbal and his family live.

Uxbal is like a walking ghost himself, having just received a drastic cancer diagnosis. His long hair streaked with grey, his handsome features drawn by fatigue and poor health, he's the antithesis of the sexy charmer Bardem played in last summer's Eat Pray Love. But he's paradoxically far more attractive as a per-

son and interesting as a character.

Even at a running time of 148 minutes, Biutiful at times seems like a slightly truncated version of what Iñárritu might have originally planned. Yet the loose ends don't matter when you have a performance as strong as Bardem's.

Extras include a making-of featurette.

🌐 PETER HOWELL

### Drive Angry

Genre: Sci-Fi, Thriller

Director: Patrick Lussier

Stars: Nicholas Cage

🌐🌐🌐

Drive Angry is a movie that should STFU — and by that I mean, “Stop Talking Fellows, Understand?”

It's a supernatural road thriller starring Nicolas Cage, sizzling celluloid of a type normally relegated to drive-ins, grindhouses and other down-market retreats where the popcorn is served with buckets o' blood.

Such films are not, God forbid, supposed to be showcases of snappy dialogue, especially when the dialogue snaps like a worn rubber band. When in doubt, say nothing and just cock your gun.

Drive Angry's director Patrick Lussier (Dracula 2000) can't seem to resist including every one of the macho mutterings



he and co-writer Todd Farmer scribbled into their notebooks.

Thus a movie that could have left skid marks on our psyche — in 3-D no less — instead drives us to distraction with verbose line readings that kill momentum worse than a police flashlight shining through a parked windshield.

Each and every tortured soul in this Satan Get Your Gun farce feels compelled to explain to every other tortured soul what terrible thing is about to happen.

The failure of people to STFU is compounded by Cage phoning in yet an-

other performance, as he continues to make us forget he ever won an Oscar.

The only thing that keeps Drive Angry from being completely derivative road stew is William Fichtner's hilariously deadpan portrayal of The Accountant, Satan's right-hand man, the guy who collects stray infidels. He's the funniest satanic figure since Mr. Skin in Bruce McDonald's Highway 61, and that was 20 years ago.

Extras include a commentary by Lussier and Farmer, deleted scenes and making-of featurettes. 🌐 PETER HOWELL

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## Celebrity tweets



Sleeping off Paula Deen's home made cinnamon buns in her grandkids bunk beds!



@kathygriffin

a knack for getting beat up. ive had it since childhood

@DavidSpade



# Love in Europe: Lively is being 'wooded' by Leo

KIYOSHI OTA/GETTY IMAGES

## Pair spotted together in Italy, France

Leonardo DiCaprio's European tour with rumoured girlfriend Blake Lively continues, though the pair are doing their best to not be seen together.

After a trip to Italy, DiCaprio and Lively returned to France, where they were twice spotted leaving the Saint-Paul de Vence hotel in Saint-Paul separately, according to Us Weekly.

The next day, they returned to Cannes, where they were first spotted together two weeks ago, and boarded a yacht.

"Blake is definitely being wooed," a source says.

"This could be the beginning of something."

● METRO



► Leonardo DiCaprio



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## Memorable weekend for Justin Timberlake

GETTY IMAGES

Justin Timberlake's luck is apparently far from running out.

The race car sponsored by his clothing line, William Rast, took the top prize at the Indy 500 this weekend, the car's second time winning the famous race.

"What a Memorial Day weekend! The William Rast car just won the Indy 500," Timberlake posted to Twitter after the race.

"Congrats to Dan Wheldon, the WR racing team and everyone else who put in the hard work for this victory! Unreal!" ● METRO



► Justin Timberlake



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► Want to meet girls? Try the brooding approach, a new study suggests.

# Stop smiling gents

► New study out of Vancouver finds that happy-looking men appear less attractive to women

**CELIA MILNE**  
LIFE@METRONews.ca

Smiling is attractive in women, but in guys — not so much.

An intriguing new study done by psychologists in Vancouver has found that when it comes to attracting women, happy-looking men may finish last.

"There are major differences in the ways emotions affect attractiveness in the two genders," lead author Jessica Tracy told

Metro. "When women smile and show happiness, men find that the most attractive. When men smile and show happiness, women find that the least attractive."

Tracy, who is a professor of psychology at the University of British Columbia in Vancouver, along with graduate student Alec Beall, undertook two studies which included a total of 1,041 people. Subjects were shown hundreds of photographs of the opposite sex display-

**"There are major differences in the ways emotions affect attractiveness in the two genders"**  
DR. JESSICA TRACY

ing either happiness (big smile), pride (puffed-out chest), shame (head down) or neutrality (no expression). The photo viewers were asked, "How attractive do you find this person?"

Results indicated

women were most attractive showing happiness and least attractive showing pride. Men were most attractive when showing pride and least sexy showing happiness. Surprisingly, among young women looking at photographs, even men showing shame were more attractive than men showing happiness.

What's wrong with smiling men? It could be that since men are assumed to be sexually receptive, when they smile, they seem needy or des-

perate. Women prefer the bad-boy look.

"Men who show pride are tough, strong and powerful and women find that attractive," says Tracy.

Since the study involved photos, it only reflects people's first impressions.

"In dating there are lots of other things at play," says Tracy. "It may be relevant only in situations where you only show a photo, such as online dating."

Future studies will explore gay reactions.

# 3

  
life

## Body issues



One third of women on university campuses would trade one year of their life to get their ideal body weight and shape, according to a new study in the U.K. And almost 40 per cent would have cosmetic surgery if money wasn't an issue.

CELIA MILNE



A new tool being used for fighting oral cancer

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**Yoga pose.**Upward-facing dog/Urdhva  
Svanasana**What you do:**

**1** Lie prone on the floor. Stretch your legs back, with the tops of your feet on the floor. Bend your elbows and spread your palms on the floor beside your waist so that your forearms are relatively perpendicular to the floor.

**2** Inhale and press your inner hands firmly into the floor and slightly back, as if you were trying to push yourself forward along the floor. Then straighten your arms and simultaneously lift your torso up and your legs a few inches off the floor on an inhalation. Keep the thighs firm and slightly turned inward, the arms firm and turned out so the elbow creases the face forward.

**3** Press the tailbone toward the pubis and lift the pubis toward the navel. Narrow the hip points. Firm but don't harden the buttocks.

**4** Firm the shoulder blades against the back and puff the side ribs forward. Lift through the top of the sternum but avoid pushing the front ribs forward, which only hardens the lower back. Look straight ahead or tip the head back slightly, but take care not to

compress the back of the neck and harden the throat.

**5** Hold anywhere from 15 to 30 seconds, breathing easily.

**Benefits**

- Improves posture
- Strengthens the spine, arms, wrists
- Stretches the chest, lungs, shoulders and abdomen
- Firms the buttocks

STEPHANIE KNUTSSON,  
BODYISM YOGA INSTRUCTOR

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# Blocking bad memories

## ► Drug to reduce stress hormones may lessen impact of bad memories

A Canadian study suggests a drug used to decrease stress hormone levels may also limit the long-term impact of bad memories, a finding that could potentially benefit individuals who have suffered psychological trauma.

Lead author Marie-France Marin, a doctoral student at the University of Montreal, said researchers knew there was a close link between memory and cortisol, a stress hormone involved in memory recall.

"We knew that lowering cortisol levels at the time of learning a new event will decrease the forma-



► Study lead author Marie-France Marin.

tion of that memory," said Marin, based at the Centre for Studies on Human

Stress of Louis-H. LeFontaine Hospital. "However, for a very long time, we

thought that any effect on memory after it has stabilized in the brain would be temporary."

Marin said previous studies have challenged the theory memory isn't changeable by demonstrating that each time an already-acquired memory is retrieved, it makes the memory active again in the brain.

"At the time of reactivation, we can act again on that memory trace in order to change it in a long-lasting manner, so basically we have a second window of opportunity to change memories."

THE CANADIAN PRESS

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# Let them eat carbs

► Carbohydrates are no longer the enemy ► A diet high in resistant starch is the latest way to narrow that waistline ► Make sure to pass the breadbasket please; it's OK, I'm on a diet

**ROMINA MCGUINNESS**  
LIFE@METRONWS.CA  
METRO WORLD NEWS IN LONDON



**"There has been such a carbs backlash but research shows that people who ate the most carbs weighed less."**

LARGERMAN-ROTH

Carb. This nasty four letter word has for too long been associated with gluttony and weight gain. It's both the ultimate comfort food and the reason why we shudder at the thought of chewing on a bread roll. Anyone that has sacrificed hearty bowls of pasta for celery sticks, listen up. The Carb Lovers Diet, written by nutritionist Frances Largerman-Roth and Health magazine editor Ellen Kunes, maintains that the secret to long-term weight loss is a diet rich in non-refined carbohydrates.

"For 20 years diet experts and the media have spread the word that carbohydrates are bad for our health, raise blood sugar levels and make us fat," says Largerman-Roth. "So called healthy diets have supported protein rich plans such as Atkins and South Beach and totally shunned potatoes, bread and pasta."

And yet...

## Carbs are stars

The Carb Lovers Diet re-

volves around eating foods rich in resistant starch, a type of carbohydrate that isn't digested in our small intestine, leaving us feeling fuller for longer.

Calorie consumption is naturally curbed as the starch acts as an indigestible, filling fiber. Eating around 15 grams of resistant starch a day also triggers a fat burning enzyme in the body, increasing your metabolism. It's a balanced diet where you learn to eat a healthy amount of good fats, protein and fiber.

"We want people to eat normally and get the right carbs back onto their plates for good," explains Kunes.

When people do eat carbs, they tend to eat the wrong kind. Refined carbo-

hydrates, such as white bread and pasta, are super junky and immediately converted into glucose, leaving you feeling hungry again two hours later.

## The carb calculator

Sticking to the plan could have you losing up to eight pounds in 30 days. This is no pasta party. In the initial 'detox' phase, calories

are restricted to 1,200 (average weight loss is six pounds) and gradually increased to 1,600 a couple of weeks later. Men on the plan should add 500 calories on to each phase. Portion control is a big part of the plan's success, as is one's ability to get over their innate fear of carbs.

"There has been such a carbs backlash but impor-

tant research shows that people who ate the most carbs (in countries such as Japan) weighed the less overall and vice versa," says Largerman-Roth.

On the Carb Lovers Diet people finally get to eat what they crave — stars include green bananas, oatmeal, sourdough bread and more — just minus the guilt.



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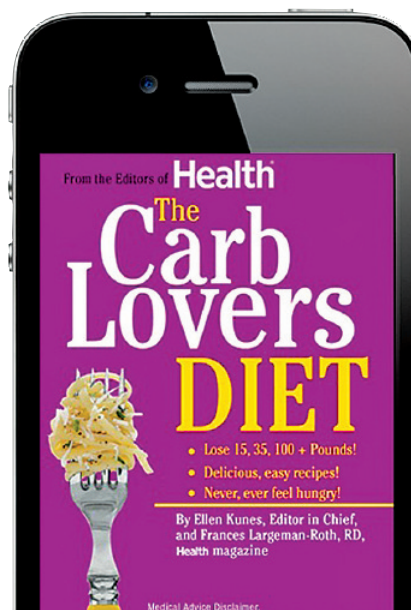
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## Eat

- **Breakfast:** the 'Elvis': toasted rye bread with almond butter and sliced banana. (5.6g resistant starch).
- **Lunch:** Pesto Turkey Club: pumpernickel bread, apple and turkey (2.6g resistant starch).
- **Dinner:** baked two cheese penne with roasted pepper sauce (2g resistant starch).
- **Drink:** fat flushing green tea cocktail — 8 cups of brewed green tea, juice of 1 orange, 1 lemon and 1 lime.

## Calories from

- **Resistant starch:** 45- 60 per cent
- **Protein:** 25 per cent
- **Fats:** 20-25 per cent



Enjoy that slice, Heidi. Just pay attention to your calorie count.

## Up and down

### Sugar

A spoonful of sugar a day could keep the doctor away. Research shows that sugar improves the effects of antibiotics and reduces the strength of chronic and recurrent infections. Glucose and fructose help make bugs vulnerable.



### Obesity

You have more than the common cold to worry about as experts claim that obesity could be contagious. Hanging out with family or friends that are overweight could be distorting your perception of what being a 'normal' size really is. There could also be a tendency to eat more when dining out.

## The cuddle chemical

A new pill containing the 'cuddle chemical' oxytocin could help prevent post-natal depression, currently affecting 20 per cent of mothers in the United Kingdom.

Increasing the level of this hormone, known for enhancing feelings of love, trust and affection, could help mothers bond with their babies sooner.

ROMINA MCGUINNESS



# Miso adds special flavour to meatless burgers

Made from ground chickpeas, these patties are traditionally fried but can also be cooked in a skillet or baked. And because chickpeas are agreeable to a broad range of flavours, it's easy to play with the seasonings and other ingredients.

## Preparation:

- 1 In a bowl, whisk 30 ml (2 tbsp) of the miso and mayonnaise. Set aside.
- 2 In a food processor, combine chickpeas, remaining miso, cilantro, olive oil, garlic powder, five-spice powder, salt, pepper and lemon zest. Pulse until coarsely chopped.
- 3 Form mix into 8 patties about 7.5 cm (3 inches)

around and about 4 cm (1 1/2 inches) thick. As you are forming patties, firmly pack with fingers.

- 4 Place breadcrumbs in shallow bowl. One at a time, set each patty in bowl; pat breadcrumbs onto all sides.
- 5 In large skillet over medium-high, heat 15 ml (1 tbsp) of the sesame oil. Add patties and cook until browned and heated through, 3 to 4 minutes per side. If patties start to stick, add another 15 ml (1 tbsp) of oil when flipping.
- 6 Serve burgers on buns topped with miso-mayonnaise, lettuce and tomato.

THE ASSOCIATED PRESS



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## Ingredients:

- 120 ml (8 tbsp) sweet white miso, divided
- 125 ml (1/2 cup) mayonnaise
- 2 cans (398 ml/14 oz) chickpeas, drained
- 75 ml (1/3 cup) chopped fresh cilantro
- 50 ml (1/4 cup) olive oil
- 10 ml (2 tsp) garlic powder
- 5 ml (1 tsp) five-spice powder
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) ground black pepper
- Zest of 1 lemon
- 375 ml (1 1/2 cups) panko breadcrumbs
- 15 to 30 ml (1 to 2 tbsp) sesame oil
- Sliced tomato
- Leaf lettuce
- 8 mini burger buns

# Ramen — not the instant noodle of college days past

► Noodles outshine the broth at Calgary's first ever Japanese ramen house

## LUNCH RUSH

ANH CHU  
FOOD@METRONEWS.CA



Muku Japanese Noodle House is not the only Calgary restaurant that serves ramen, but it is the only one that specializes in

the curly, wheat-flour noodle soup.

We started with the muku salad: spicy miso-flavoured ground pork on greens (\$6.95). The sweet pork didn't do it for me, but we enjoyed the light, citrus dressing.

There are three soup-bases from which to choose, such as a miso-based chicken broth, soy-based chicken broth and a soy-based pork broth.

My friend and I decided on the pork broth. He chose the kuro-ton (\$9.25) with two slices of barbecued pork, bean sprouts and black garlic oil, adding a soy sauce egg for \$1.50 extra. I went for the chashu ramen (\$11.95), which came with five



ANH CHU

► The broth of the soup is creamy but too oily and salty.

slices of barbecued pork and one slice of pork belly. The broth was creamy but we found it too oily and too salty. However, the ramen noodles were fresh, with a nice, chewy consistency.

I might return to Muku for a quick, cheap and filling meal, but for anyone who's eaten ramen in Japan, Muku's offerings still have a long way to go.

THE CANADIAN PRESS/HO/NATIONAL WATERMELON PROMOTION BOARD

## Watermelon Aqua Fresca



## Preparation:

- 1 Blend half of watermelon pieces with 125 ml (1/2 cup) of the water until smooth. Strain into serving pitcher. Repeat process with remaining watermelon and water. Add lime juice and honey. Stir until blended. Pour into ice-filled glasses and garnish with watermelon triangles skewered with lime wedge.

## Ingredients:

- 1 l (4 cups) watermelon, cut into chunks, divided
- 250 ml (1 cup) cold water, divided
- 15 ml (1 tbsp) freshly squeezed lime juice
- 15 ml (1 tbsp) honey
- Ice cubes
- Garnish: Watermelon triangles, lime wedges

THE CANADIAN PRESS/WATERMELON.ORG

► **Muku Japanese Noodle House**  
326 - 14 St. N.W.  
403-283-6555  
Reservations: No  
Social lunch: Yes  
Licensed: Yes  
Price range: \$2.95 - \$13.95  
Rating: 4 out of 5

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**Hometown:**  
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**Together since:**  
2002

### Their story:

It was July 2002, and I (Mable) had just requested a leave of absence from work to travel to India and Southeast Asia for six months.

Just for fun, I signed up with Lavalife and started casually dating before I left.

None of the guys seemed right for me until I met David.



Three weeks before my September departure date, I had practically moved in to David's place.

D-Day was approaching, and we had to decide what to do about our relationship. I told David it was OK for him to move on with his life; he didn't have to wait for me.

Instead, he decided to join me for six weeks around Christmas.

It was very sad when it came time for me to leave, but I knew I would see him in less than four months.

When he joined me over the holidays, we were both amazed at how well we travelled together.

Backpacking in Asia can be very challenging, and he did extremely well considering he had never travelled overseas before.

When it came time for him to leave, we were both in tears again, but we knew we'd see each other in six weeks. The trip had gone so well, we knew we'd be together for good. It was the longest month and a half of my life, and my en-

thusiasm for travel just wasn't the same without him.

When I returned home in late February 2003, we went back to living together. David proposed a few months later, and we were married in September that year. We now have a very bright four-year-old, Charlotte, who keeps us laughing and on our toes.

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## OUTSOURCE THE CLEANING AND FREE UP SOME SPARE TIME

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**ANGELA PACIENZA & DEREK CHEZZI**  
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**My husband and I both work so our weekends are crazy busy. I'd like to hire a cleaning service to free up some time, but he thinks we'd be throwing away our cash. How can I convince him it would be money well-spent?**

**Derek says...**

Time is money, and hir-

ing a cleaning service is like buying yourself some spare time. If he doesn't help out already, put a dust cloth and toilet bowl brush in his hands and ask him to start scrubbing. After one Saturday afternoon, I'm sure he will find cash from his beer budget to help stuff the cleaning-bill jar.

**Angela says ...**

Take a look at all your expenses, and then price out what it would cost to have your home cleaned bi-weekly.

It might be easier to afford than you both realize — maybe it just means one less dinner out. Try it out a couple of times and he'll likely warm up to the feeling of coming home to a clean house after work (especially the lovely fresh bedsheets!).

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# Lessons from Mum's envelope

## ON MONEY

ALISON GRIFFITHS  
MONEY@METRONEWS.CA



Last week I was the MC of the joint FCAC-OECD Partnering to turn Financial Literacy into Action conference held in Toronto. Attending were over 400 delegates from all over the world.

As part of my introductory remarks I told the story of growing up in the 1950s in Canada the daughter of an air force officer and a stay-at-home housewife.

My dear old dad was the absolute monarch of our family finances.

He got his pay on the last Friday of every month and immediately deposited it in the bank.

He kept some cash for himself and placed some more in a plain white envelope,

which he sealed and bestowed upon my mother as she mixed their Friday night Manhattans.

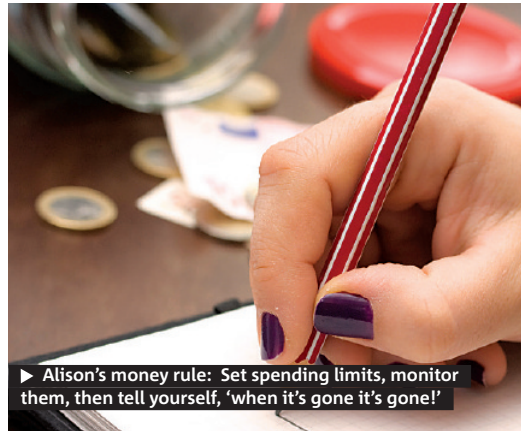
Mum guarded her housekeeping money zealously. I never knew how much he gave her, and that envelope was a source of endless mystery to me.

In those days, a woman was considered a poor housekeeper and wife if she couldn't make the money last until the end of the month.

If she was particularly careful, there would be some left over, and she could use that for herself.

My mother was quite brilliant at squirrelling away nickels and dimes for an extra visit to the hairdresser.

Looking back, I told the delegates, I think that if all the world's financial affairs had been turned over to women of the "housekeeping money" generation, there would have been no sovereign defaults, no asset-



► Alison's money rule: Set spending limits, monitor them, then tell yourself, 'when it's gone it's gone!'

backed commercial paper debacle, no subprime mortgage meltdown.

And most certainly no budget overruns!

I have this image of a woman, like my late mother, passing out envelopes to government ministers, banks and other corporations and issuing a stern warning. "When it's gone, it's gone. Don't bother

coming back for more!"

Throughout the conference my mother's envelope took on a life of its own.

Numerous delegates came to tell me that it had been raised in their workshop and a number of presenters wove it into their speech.

I think the message is that something as tangible as cash in an envelope, designated for a certain purpose provides the kind of spending limit no debit or credit card can do.

Maybe it is time to turn back the clock.

### Financial literacy

► There are wonderful resources for financial literacy at the Financial Consumer Agency of Canada: [fcac-acfc.gc.ca/](http://fcac-acfc.gc.ca/)

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Buying a car is a big financial decision!

Cars depreciate like crazy and cost you major dough every month through payments, repairs, maintenance, fuel, and insurance.

So, if you don't need one, don't buy one. But, many people do, so consider buying a used car versus new. The largest portion of depreciation occurs in the first year. So, buy a vehicle more than a year old.

Before you shop, know what you want. Be clear about what needs the vehicle will fill: reliability, performance, safety, money saving (economic), prestige (personal image), etc.

Know your desired price range. Narrow down your list to just a few makes and models. You're more likely to get what you want when you know what you want.

Determine the value of the car and be prepared to negotiate a price.

Don't get suckered into "snooze or lose" sales tactics. If the sales pressure is high, turn it down using your research and level-headed thinking.

Check out these websites:

- [edmunds.com](http://edmunds.com)
- [consumerreports.org](http://consumerreports.org)
- [autotrader.ca](http://autotrader.ca)
- [canadianredbook.com](http://canadianredbook.com)

When buying used, it's important to learn as much about the car as possible so you avoid buying a lemon. Ask to see maintenance and repair receipts.

Take the car for a test drive and test everything: from the brakes to the power windows.

Check the vehicle's vehicle identification number (VIN) and get a vehicle history report. The VIN number is visible under the windshield and also on the vehicle's title.

The report is about \$30 to \$50 and can be purchased through [carfax.com](http://carfax.com) or [carproof.com](http://carproof.com).

Pull a lien report at your local registry and pay for a professional inspection.

When buying, stay within your budget and remember that a car isn't an asset; it's a tool to get you from point A to B.



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# Give Dad what he really wants for a nice change

Having exhausted their quota of ties, tools and sports paraphernalia, many Canadians struggle every year to come up with thoughtful and affordable gift ideas for Father's Day.

TD Credit Cards associate vice president, Stacie Pearson, offers her top three present ideas for the dad who has everything.

**1. Quality time with Dad** Father's Day is a great time to sit back and relax with Dad but why not get out and enjoy the day together? You don't have to break the budget — get outdoors and shoot some

hoops at a local park, spend an afternoon at the movies or catch a game together with tickets to his favourite sports team.

**2. Gift cards** No longer the faux pas of present giving, a gift card will give your dad the chance to pick out a gift that he is truly excited about.

**3. A new skill** Surprise your dad with classes to something he's always wanted to try like gourmet cooking, home beer brewing or sailing.

"The best gifts don't always come in big,



► Step up your game this Father's Day.

expensive boxes. When it comes to buying presents for your dad, it's always the thought that counts. So set a realistic budget and stick to it," says Pearson.

NEWS CANADA



# The return of the King

► Back in the NBA finals for first time since suffering sweep in 2007, LeBron is 'honoured' to be there

LeBron James walked through the tunnel leading from the Miami Heat locker-room yesterday, stepped onto the court and gave a yell. He looked down at the NBA finals logo newly affixed on the floor, then smiled and nodded.

With that, it became real. His championship chance — the biggest reason he came to Miami — has finally arrived.

Swept out of his only other finals appearance four years ago, James will get his long-awaited second opportunity starting tonight when the Heat host the Dallas Mavericks in Game 1 of the NBA's title series.

After a year like no other in his life, starting with the much-criticized "Decision," his jerseys being torched in Cleveland and never-ending, intense scrutiny of his every move, the last challenge will likely prove to be the toughest of them all.

"I'm honoured to be here once again," said James, who led the Cavaliers to the 2007 finals and lost in four games to San Antonio. "Now with this franchise, it's an honour."

"As players, we worked hard. I worked hard individually to get to this point. And I had a lot of visions of being in this moment and now it's hit



MAVERICKS

HEAT

► Time: 7 p.m.  
TV: TSN, ABC

me, being on that floor, seeing the championship logos and everything, the finals logos. I'm very excited."

It showed yesterday.

He chatted with teammates, taking part in a long-shooting contest with Dwyane Wade, Eddie House and others, looking perfectly comfortable as dozens of photographers clicked away for 30 straight minutes. By now, being in the microscope is an accepted part of the deal for James, who has been dealing with this since his high school days.

Away from the court, though, those who are around the two-time NBA MVP say his focus is even sharper than usual. Winning a title likely won't change perceptions about James. His fans will surely remain fans, his critics will surely remain critics, no matter what happens.

But to him, a championship would mean that everything that has taken place since he publicly said he would join the Heat was all worthwhile.

THE ASSOCIATED PRESS



► Dwyane Wade, left, and LeBron James share a laugh yesterday during practice.

4  
sports

## Quoted



**"Normally, when you're our age, people count you out. They say you don't have anything left in the tank. But as you get older in this league, you get wiser."**

MIAMI'S JUWAN HOWARD, ON DALLAS'S JASON KIDD. HOWARD WAS DRAFTED A FEW SPOTS AFTER KIDD IN 1994-95 AND IS THE ONLY PLAYER OLDER THAN KIDD IN THIS YEAR'S NBA FINALS. BOTH PLAYERS ARE 38.

LIONEL CIRONEAU/THE ASSOCIATED PRESS



► Rafael Nadal

## Nadal through to quarter-finals

Rafael Nadal improved his record at Roland Garros to 42-1, beating Ivan Ljubicic 7-5, 6-3, 6-3 yesterday to reach the quarter-finals of the French Open.

The five-time champion was not troubled on Court Philippe Chatrier, and the win kept him on course to equal Bjorn Borg's record of six titles on the Parisian clay.

"I have improved since the tournament started," said Nadal, who was

pushed to five sets in the first round. "I'm able to play better and I'm going to continue on this path."

Novak Djokovic also had a successful day, even though he wasn't scheduled to play. The second-seeded Serb reached the semifinals of the tournament — where he could meet Roger Federer — when quarter-final opponent Fabio Fognini withdrew because of injury.

"Walkover from Fognini.

Bad luck for him, hope he recovers fast. Today i get to enjoy Paris in a different way :)" Djokovic wrote on Twitter.

Maria Sharapova also advanced yesterday, as did Australian Open runner-up Li Na. Fourth-seeded Andy Murray and Viktor Troicki of Serbia were even at two sets each when their match was suspended because of darkness at 4-6, 4-6, 6-3, 6-2.

Nadal won four straight titles at the French Open

before losing to Robin Soderling in the fourth round in 2009. He will face Soderling in the quarter-finals this year after the fifth-seeded Swede defeated Gilles Simon of France 6-2, 6-3, 7-6 (5).

"For me it will be a tough match," Nadal said. "He's played two finals here at Roland Garros, so he knows what this means. He's got to play his best tennis."

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► Ryan Kesler of the Canucks battles with the Bruins' Tomas Kaberle in a regular-season game in Vancouver on Feb. 26.

# Cup final has makings of a classic

► Bruins plan to be physical against well-rested Canucks

The date was Feb. 26, there were stars aplenty on both sides, and the Vancouver Canucks and Boston Bruins met on Hockey Night in Canada in what turned out to be a dandy.

Little did they know that the Bruins' 3-1 victory in Vancouver would turn out to be a preview of the Stanley Cup final.

But to the Bruins, it was just one regular-season game out of 82. Sure, it was a big win. Tim Thomas made 26 saves and Vancouver native Milan Lucic scored the game winner. It was a feel-good night, for sure.

The Bruins practised one last time in Boston yesterday before heading to Vancouver and were complimentary of their opponent.

"Obviously, they're a President's Trophy winner, they're a great hockey team, deep and well coached, and we'll look at things we have to do," Bruins forward Mark Recchi said. "Any key to your team's success is how you play personally. I think we focus on what we do ourselves ... It's who's going to want it more and who's going to play to their abilities the best."

By the time the puck drops in Game 1 tomorrow night, the Canucks, will have had seven days off.

**"That's a real challenge for us, to be aggressive but not be stupid about it. So, we have to be smart in our defensive play."**

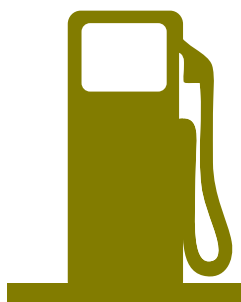
BOSTON'S DENNIS SEIDENBERG ON  
DEFENDING THE SEDIN TWINS

The Canucks have many weapons, most notably Daniel and Henrik Sedin, the twin forwards who, along with forward Ryan Kesler and goaltender Roberto Luongo, have led this Vancouver renaissance. Together, the Sedins have 37 points this post-season, and Daniel has eight goals.

Kesler could be the X-factor, though. Too much concentration on the Sedins, and the rugged centre will pounce. Kesler scored 41 goals in a breakout regular-season and has followed that up with seven goals and 11 assists in the playoffs.

"There is a lot of skill, there is a lot of speed," Boston coach Claude Julien said in reference to the Canucks. "So, they are a pretty potent team and obviously, they thrive on their power play. So, we are going to have to be a physical team. But we are also going to have to be a very disciplined team."

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## STANLEY CUP FINAL

### Canucks study tape of alien B's

Every edge counts and the Vancouver Canucks are looking to video to provide one in the Stanley Cup final against the Boston Bruins.

The series opener is tomorrow night, but the teams hardly know each other in game situations because they play in different conferences.

They face each other maybe once a year, during the NHL's regular-season grind with little preparation time.

But the two clubs will know each other a little better through video be-

fore they step on the ice in Vancouver.

"That's what we're going to use the next couple of days for," goalie Roberto Luongo said after yesterday's practice.

"We're going to get as much video as we can on them, go through their players, making sure we know everything we need to know about them, their systems and their tendencies and make sure we're as ready as we can be and we don't get any surprises."

Even though he used to play in the Eastern Conference, Luongo said he's familiar with only two Bruin forwards — Nathan Horton and Patrice Bergeron.

"Most of them are going to be (familiar) through video and talking to (goalie coach) Rollie (Melanson) and guys who

have played with their players," Luongo said.

Coach Alain Vigneault said watching video of the Bruins will be like looking at a brand new opponent.

"That one game in the season is probably not reflective of how both teams play on a regular basis," Vigneault said.

"I don't think you can put too much emphasis on the stats from that game."

One Canuck who won't need much video to become familiar with the Bruins is Maxim Lapierre, who has faced them many times as a member of the Montreal Canadiens.

His scouting report was succinct and to the point. "It's a team that's going to show up every shift on the ice," he said.

"It's going to be tough and it's going to be a war."

THE CANADIAN PRESS

## Reports say Thrashers' move to Winnipeg nearly done

The Winnipeg NHL watch continues with reports that the Atlanta Thrashers' sale could be complete this week, possibly as early as today.

The Thrashers' owners are in negotiations with True North Sports and Entertainment, which wants to move the team to Winnipeg.

While reports suggested the news might come sooner rather than later, those in the know chose their words carefully yesterday afternoon.

True North spokesman Scott Brown told The Canadian Press via email that "no press conference has been scheduled as of yet."

And NHL deputy commissioner Bill Daly said in an email that "there is nothing done as of now."

The NHL would likely prefer the Thrashers' sale is announced on a Stanley Cup final off-day.

Still, Daly told The Associated Press yesterday there is no strict rule against releasing big news during the final.

Daly said, "It's certainly possible something will be finalized this week."

Yesterday was Memorial Day in the U.S.

The two sides have been working through complex legal details on the sale and relocation of the team. Thrashers fans' hopes for a late local buyer have not been realized.

NHL commissioner Gary Bettman said on his weekly radio show on Thursday the inability to find an owner who wants to keep the team in Atlanta is a barrier the league can't overcome.

"It would be one of those head scratchers where you say, 'Look at all of this great corporate opportunity, look at all of this grassroots hockey, why doesn't somebody want to own a team here?'" Bettman said. "And that would be a difficult but unfortunate situation to be dealing with if it has reached, or does reach that point."

THE CANADIAN PRESS



NHL

PLAYOFFS

All times Eastern

STANLEY CUP FINAL

(Best-of-7 series)

VANCOUVER (W1) VS. BOSTON (E3)

Tomorrow's game

Boston at Vancouver, 8 p.m.

Saturday's game

Boston at Vancouver, 8 p.m.

Monday, June 6

Vancouver at Boston, 8 p.m.

Wednesday, June 8

Vancouver at Boston, 8 p.m.

Friday, June 10

x-Boston at Vancouver, 8 p.m.

Monday, June 13

x-Vancouver at Boston, 8 p.m.

Wednesday, June 15

x-Boston at Vancouver, 8 p.m.

x — if necessary.

SCORING LEADERS

	G	A	PT
H.Sedin, Vcr	2	19	21
St. Louis, TB	10	10	20
Lecavalier, TB	6	13	19
Kesler, Vcr	7	11	18
Krejci, Bos	10	7	17
Horton, Bos	8	9	17
Purcell, TB	6	11	17
J.Thornton, SJ	3	14	17
D.Sedin, Vcr	8	8	16
Boyle, SJ	3	13	16
Clowe, SJ	6	9	15
P.Bergeron, Bos	4	11	15
Datsyuk, Det	4	11	15
Burrows, Vcr	7	7	14
Couture, SJ	7	7	14
Downie, TB	2	12	14

SOCCER

MLS

EASTERN CONFERENCE

	W	L	T	PT	GF	GA
Philadelphia	6	3	2	20	14	9
New York	4	2	6	18	18	11
D.C.	4	4	3	15	16	20
Houston	3	4	6	15	17	15
Columbus	3	3	5	14	11	13
New England	3	5	4	13	10	15
Toronto FC	2	5	6	12	13	23
Chicago	1	4	6	9	15	19
Sporting Kansas City	1	6	2	5	12	19

WESTERN CONFERENCE

Los Angeles	8	2	5	29	20	12
FC Dallas	6	3	4	22	16	12
Seattle	5	4	5	20	16	13
Colorado	4	3	6	18	15	13
Real Salt Lake	5	2	2	17	10	4
Portland	5	4	2	17	15	17
Chivas USA	3	4	4	13	14	13
San Jose	3	4	4	13	14	14
Vancouver	1	5	6	9	13	17

Note: 3 points for victory, 1 point for tie.

Sunday's result

D.C. United 3 Portland 2

Tomorrow's game

Vancouver at Chivas USA, 10:30 p.m.

Saturday, June 4

Kansas City at Toronto, 7 p.m.

Columbus at New York, 7:30 p.m.

Seattle at Chicago, 8:30 p.m.

New England at Dallas, 8:30 p.m.

Philadelphia at Colorado, 9 p.m.

Vancouver at Real Salt Lake, 9 p.m.

D.C. United at Los Angeles, 10:30 p.m.

Houston at San Jose, 10:30 p.m.

HOCKEY

AHL PLAYOFFS

All times Eastern

CALDER CUP FINAL

(Best-of-7 series)

HOUSTON VS. BINGHAMTON

(Series tied 1-1)

Tomorrow's game

Houston at Binghamton, 7:05 p.m.

Friday's game

Houston at Binghamton, 7:05 p.m.

Saturday, June 4

Houston at Binghamton, 7:05 p.m.

Tuesday, June 7

x-Binghamton at Houston, 8:05 p.m.

Thursday, June 9

x-Binghamton at Houston, 8:05 p.m.

x — if necessary.

MEMORIAL CUP

At Mississauga, Ont.

Sunday's result

CHAMPIONSHIP

Saint John 3 Mississauga 1

LATE SUNDAY

SEA DOGS 3, MAJORS 1

First Period

1. Saint John, Despres 1, 2:24 (sh)

2. Saint John, Phillips 1 (Huberdeau, Kirkpatrick) 13:17

Penalties — Tesink SJ (roughing) 2:09, Flick

Miss (kneeing) 8:34, Cramarossa Miss (rough-

ing) 11:17, Mayer Miss (tripping) 14:36,

Smith-Pelly Miss (cross-checking) 18:13, Cra-

marossa Miss, Jurco SJ (roughing) 20:00.

Second Period

3. Mississauga, Brace 1 (Shugg, Cizikas) 14:41

Penalties — Gagne SJ (tripping) 0:55, Kirk-

patrick SJ (slashing) 11:12, Galiev SJ (trip-

ping) 17:21.

Third Period

4. Saint John, Huberdeau 3 (Phillips,

MacAlay) 16:17

Penalty — Anthony SJ (hooking) 2:39.

Shots

Mississauga 8 15 12 —35

Saint John 10 6 9 —25

Goal — Mississauga: Anderson (L,3-2-0) Saint

John: DeSerres (W,3-0-0).

Power plays (goals-chances) — Mississauga:

0-5 Saint John: 0-4.

Attendance — 5,266.

NBA

FINALS

All times Eastern

(Best-of-7 series)

MIAMI VS. DALLAS

Tomorrow's game

Dallas at Miami, 9 p.m.

Thursday's game

Dallas at Miami, 9 p.m.

Sunday's game

Miami at Dallas, 8 p.m.

Tuesday, June 7

Miami at Dallas, 9 p.m.

Thursday, June 9

x-Miami at Dallas, 9 p.m.

Sunday, June 12

x-Dallas at Miami, 8 p.m.

Tuesday, June 14

x-Dallas at Miami, 9 p.m.

x — played only if necessary.

ACTIVITY

BASEBALL

MLB

AMERICAN LEAGUE

MINNESOTA TWINS—Activated LHP Jose Mi-

jares from the 15-day DL. Otioned LHP Dusty

Hughes to Rochester (IL).

NATIONAL LEAGUE

CHICAGO CUBS—Placed INF Jeff Baker on the

15-day DL. Called up INF D.J. LeMahieu from

Tennessee (SL).

PITTSBURGH PIRATES—Placed C Ryan

Doumit and INF Steve Pearce on the 15-day

DL. Transferred RHP Ross Ohlendorf from the

15-day to the 60-day DL. Purchased the con-

tracts of C Dusty Brown and INF Josh Harrison

from Indianapolis (IL).

AMERICAN ASSOCIATION

AMARILLO SOX—Released RHP Kyle Godfrey.

GARY SOUTHSORE RAILCATS—Signed C

Craig Maddox.

KANSAS CITY T-BONES—Signed RHP Aaron

Cook and INF Fernando Garcia.

SHREVEPORT BOSSIER CAPTAINS—Signed

DH Palmer Karr.

CAN-AM LEAGUE

BROCKTON ROX—Released C Bobby Dom-

browski.

QUEBEC CAPITALES—Signed INF Efrain

Gomez.

NORTH AMERICAN LEAGUE

CALGARY VIPERS—Signed RHP Shawn Het-

herington.

FOOTBALL

CFL

WINNIPEG BLUE BOMBERS—Signed LB

Henoc Muamba.

HOCKEY

NHL

OTTAWA SENATORS—Signed F Louie Ca-

porusso to a two-year contract and F Jakob

Silverberg to a three-year contract.

SOCCER

MLS

VANCOUVER WHITECAPS—Fired coach Teitur

Thordarson and goalkeeper coach Mike

Salmon. Announced director of soccer opera-

tions Tom Soehn will coach for the remainder

of the season.

U.S. COLLEGE

OHIO STATE—Announced the resignation of

football coach Jim Tressel. Named Luke Fickell

football coach.

SOUTH CAROLINA—Announced QB Stephen

Garcia returned to the team on a probationary

basis after being suspended on April 6.

GOLF

CHRONOLOGY FOR THE MEN'S

NUMBER-ONE RANKING

May 29, 2011 - Luke Donald

April 24, 2011 - Lee Westwood (5 weeks)

Feb. 27, 2011 - Martin Kaymer (8 weeks)

Oct. 31, 2010 - Lee Westwood (17 weeks)

June 12, 2005 - Tiger Woods (281 weeks)

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	29	23	.558	—
Boston	30	24	.556	—
Tampa Bay	28	25	.528	1½
Toronto	28	26	.519	2
Baltimore	24	28	.462	5

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	31	20	.608	—
Detroit	27	26	.509	5
Chicago	25	31	.446	8½
Kansas City	23	30	.434	9
Minnesota	17	35	.327	14½

WEST DIVISION

	W	L	Pct	GB
Texas	29	25	.537	—
Los Angeles	29	27	.518	1
Seattle	27	26	.509	1½
Oakland	27	28	.491	2½

Yesterday's results

Toronto 11 Cleveland 1

Detroit 6 Minnesota 5

N.Y. Yankees 5 Oakland 0

Seattle 4 Baltimore 3

L.A. Angels 10 Kansas City 8

Texas 11 Tampa Bay 5

Chicago White Sox 7 Boston 3

Sunday's results

Boston 4 Detroit 3 (1st game)

Toronto 13 Chicago White Sox 4

Tampa Bay 7 Cleveland 0

L.A. Angels 6 Minnesota 5

Texas 7 Kansas City 6

Oakland 6 Baltimore 4

N.Y. Yankees 7 Seattle 1

Detroit 3 Boston 0 (2nd game)

Tonight's games

Texas (C/Wilson 5-3) at Tampa Bay (Cobb 0-0),

6:40 p.m.

Minnesota (Duensing 2-5) at Detroit (Scherz-

er 6-2), 7:05 p.m.

Cleveland (Talbot 1-1) at Toronto (Morrow 2-

2), 7:07 p.m.

Chicago White Sox (Floyd 5-5) at Boston

(Aceves 2-0), 7:10 p.m.

L.A. Angels (Pineiro 2-1) at Kansas City (Fran-

cis 1-5), 8:10 p.m.

N.Y. Yankees (F.Garcia 3-4) at Oakland (Ande-

erson 3-4), 10:05 p.m.

Baltimore (Guthrie 2-6) at Seattle (Bedard 3-

4), 10:10 p.m.

BLUE JAYS 11, INDIANS 1

	ab	r	h	bi	Toronto	ab	r	h	bi
Cleveland	2	0	1	0	YEscor ss	4	1	2	1
Brantly cf	2	0	1	0	CPttrsn lf	4	1	0	2
ACarer ss	3	0	0	0	Bautist rf	3	1	2	2
Everett ph-ss	1	0	0	0	McGoy ph-ff	1	0	0	0
Choi rf	4	0	1	0	JRivier lb	5	0	0	0
Duncan dh	4	1	2	1	Arancic c	4	1	2	1
OCarer 2b	4	0	1	0	A.Hill 2b	3	1	0	0
CSantnc	3	0	1	0	ETHms dh	4	2	2	0
LaPort lf	4	0	0	0	RDavis cf	4	3	3	2
Keams lf	3	0	1	0	J.Nix 3b	4	1	2	2
Hannh 3b	4	0	1	0	Totals	36	11	13	10

Cleveland 000 100 000 1

Toronto 002 720 00x 11

E—O.Cabrera (4), DP—Cleveland 1, Toronto 3.

LOB—Cleveland 8, Toronto 5. 2B—Bautista

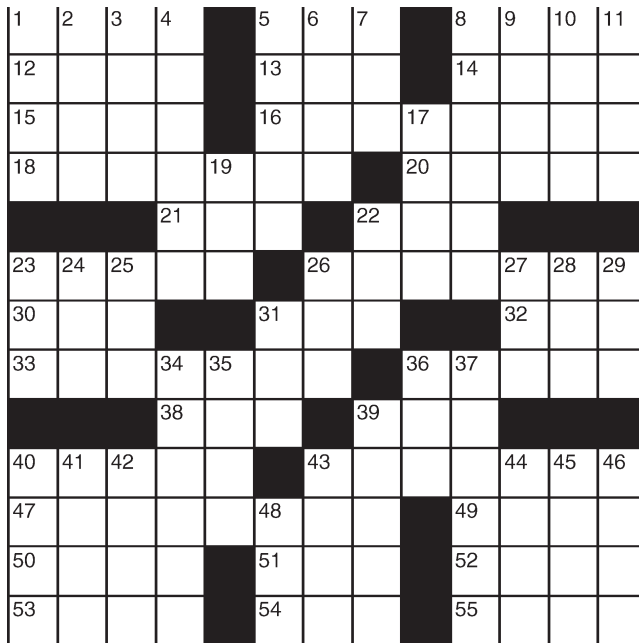
(9), Arencibia (8), R.Davis 2 (7), J.Nix (4).

HR—Duncan (2), J.Nix (3), SF—C.Patterson.

## Crossword

## Across

1 Ragamuffin  
5 Suitable  
8 Academic  
12 Stench  
13 Bakery purchase  
14 Jason's ship  
15 New Zealand bird  
16 Norm  
18 Livingstone's rescuer  
20 Just sat there  
21 Petrol  
22 Individual  
23 Westminster, for one  
26 Of tin  
30 Round Table address  
31 Enthusiast  
32 Alias abbr.  
33 Suffragist Elizabeth Cady —  
36 Just defeated, with "out"  
38 Eg. and Syr., once  
39 Pigpen  
40 Actor Quinn  
43 Comedy style  
47 Horse-drawn carriage  
49 Emanation  
50 Body powder  
51 Sheepish remark?  
52 Periodicals, for short  
53 Sheltered  
54 Doctrine  
55 Bullring bravos  
**Down**  
1 Stir-fry vessels



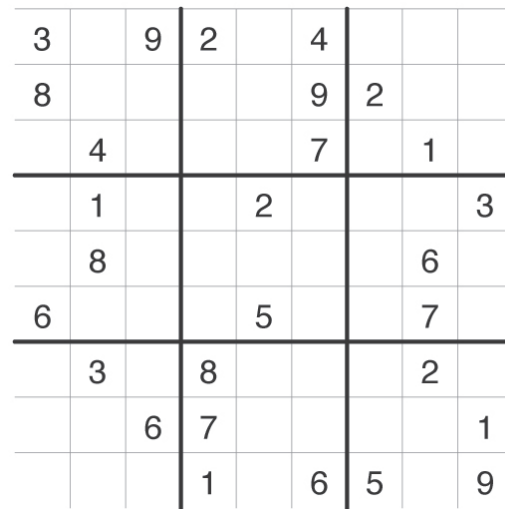
2 Mine entrance  
3 Corn Belt state  
4 Surrey decoration  
5 Church sections  
6 Compassion  
7 Afternoon beverage  
8 Enrage  
9 Exam format  
10 Shrek, for one  
11 Lincoln in-law  
17 1492 carrier  
19 Deposit  
22 Mel of Cooperstown  
23 Donkey

24 Morsel  
25 Support system?  
26 Baltimore newspaper  
27 Gripe repeatedly  
28 Eisenhower  
29 Scoundrel  
31 Neither partner  
34 Subtlety  
35 Trig. function  
36 Greek vowel  
37 Generator  
39 Kettle output  
40 "The Thin Man" dog

41 Slanted type (Abbr.)  
42 Driver Earnhardt  
43 Resorts  
44 Two-way  
45 Desire  
46 Elapse  
48 Japanese sash



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

3	1	7	4	2	8	5	6	9
6	5	9	1	3	7	2	4	8
8	2	4	5	9	6	7	1	3
1	8	3	2	6	5	4	9	7
2	7	5	9	1	4	3	8	6
4	9	6	7	8	3	1	2	5
7	6	8	3	4	2	9	5	1
9	3	2	8	5	1	6	7	4
5	4	1	6	7	9	8	3	2

## A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 3° Max 16°	Min 6° Max 17°	Min 7° Max 17°

## Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." WEEKDAYS 6AM



## Today's horoscope

♈ **Aries** March 21-April 20 Do something that others do not approve of.

♉ **Taurus** April 21-May 21 Amaze friends and family alike: do something unexpected.

♊ **Gemini** May 22-June 21 Are you the only sane person left in the world? Maybe you are, but more likely you are seeing things from the wrong angle.

♋ **Cancer** June 22-July 22 Don't bother trying to reason with other people today, be-

cause they are driven by emotion and superstition.

♌ **Leo** July 23-Aug. 23 Do whatever it takes to stay in good spirits.

♍ **Virgo** Aug. 24-Sept. 22 Just because others are greeting the day with a frown does not mean you have to do likewise.

♎ **Libra** Sept. 23-Oct. 23 If you don't feel like working today then don't force yourself.

♏ **Scorpio** Oct. 24-Nov. 22 You are where you are, so get real and make the best of it.

For today's crossword answers and horoscopes: metronews.ca

♐ **Sagittarius** Nov. 23-Dec. 21 There are days when it is wiser to keep your thoughts to yourself and this is one of them.

♑ **Capricorn** Dec. 22-Jan. 20 Employers and colleagues will be demanding today.

♒ **Aquarius** Jan. 21-Feb. 18 There is a thin line between genius and folly.

♓ **Pisces** Feb. 19-March 20. Don't let your imagination get in the way of logic.

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## Caption contest



"Squirrels make terrible travel agents!"  
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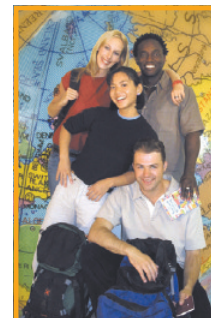
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